

## Corn Soufflé

Children are fascinated by this lofty dish, which makes a distinctive sound when it's served — *poof!* - and offers an airy texture that kids will love.

### Ingredients:

- ❄ 2 teaspoons olive oil
- ❄ 3 garlic cloves, crushed
- ❄ 6 large egg whites, room temperature
- ❄ ½ cup corn kernels
- ❄ 1 cup fat-free milk
- ❄ 1 tablespoon flour
- ❄ 1 teaspoon oregano, chopped
- ❄ ¼ teaspoon salt
- ❄ ¼ teaspoon ground black pepper
- ❄ ½ cup reduced-fat cheddar cheese, shredded

### Directions:

1. Preheat oven to 350° F.
2. Spray an 8- or 9-inch soufflé dish or 8 individual 6-ounce ramekins with non-stick cooking spray. Set on a baking sheet and set aside.
3. Heat olive oil in a large saucepan over medium-high heat.
4. Add garlic and cook until fragrant, about 1 minute. Set aside to cool.
5. Whisk egg whites in a large mixing bowl until stiff peaks form. Set aside.
6. Combine corn, milk, flour, oregano, salt, and pepper in a food processor and blend until smooth.
7. Pour into a large mixing bowl and add garlic.
8. Add cheese and stir until combined.
9. Gently fold egg whites into corn mixture just until combined.
10. Pour into prepared dish or ramekins.
11. Bake until puffed and set in the center and lightly browned on top, about 35-40 minutes for a soufflé dish, or about 25-30 minutes for individual ramekins.
12. Serve immediately.



Makes 8 servings.

**REMINDER TO SELF:** Ask parents if children have any food allergies!